

Charles D. Kennard, M.D.
2001 Rockview Drive
Granbury, TX 76049
Telephone (682) 936-4667 Fax (682) 936-4670

WOUND CARE INSTRUCTIONS

1. Avoid aspirin-containing products or non-steroidal anti-inflammatory products like Motrin or Nuprin or Advil as well as alcohol for 48 hours after surgery. Tylenol (Acetaminophen) or Aleve are safe and recommended for control of pain due to surgery (follow package directions). An ice pack may be applied for 10 minutes every hour while awake as needed for pain and swelling. Avoid physical activity.
2. Bleeding may occasionally occur as the local anesthesia wears off. If blood soaks through the dressing, apply firm direct pressure to the bandage continuously for 15 minutes. If bleeding persists, phone us at (682) 936-4667. After regular hours, **IN CASE OF AN EMERGENCY**, call (817) 480-4988 to contact Dr. Kennard through his cellular phone.
3. If the surgery site becomes extremely tender, swollen and red or drains purulent (yellow) material (pus), the wound may have become infected. Please contact us.

Patients with Sutures (Stitches)

1. After the first 24 48 72 hours, change the bandage daily.
2. Clean the sutures with soap and water gently in the direction of the suture line until **ALL THE CRUST AND DRIED BLOOD IS COMPLETELY REMOVED**. Then reapply the antibiotic ointment (Polysporin), plain Vaseline or Aquaphor, then a piece of Non stick dressing (i.e. Release or Telfa), then a piece of gauze, if there is heavy drainage from the wound. Finally, apply tape to hold this dressing in place/Band Aid. **Continue cleaning wound once per day until sutures are removed.**
3. Bathing or showering is permissible. If the dressing gets wet, change it.

Patients without Sutures (Stitches)

1. Your wound will heal naturally by a process known as second intention. The healing time and ultimate appearance depend significantly on how you take care of the wound. **DO NOT LET THE WOUND DRY OUT AND FORM A SCAB**. It will take at least 3-6 weeks for your wound to heal. At first, healing is slow but after several weeks the healing accelerates rapidly.
2. After the first 24 48 72 hours, remove the dressing and cleanse the wound with soap and water or normal saline which can be purchased at the drug store or you may mix your own. The saline solution equals 1/8 tsp salt to an 8oz glass of water. Allow any crust, which may have formed to be cleansed thoroughly by the soap and water or the saline solution (5-10 minutes). **WHEN THE CRUST IS WELL SOAKED, DISLODGE AND REMOVE THE DEBRIS** and then dry the wound. It is normal to see a small amount of blood oozing in the wound after it is cleansed. Then reapply the antibiotic ointment (Polysporin), plain Vaseline or Aquaphor, then a piece of non-stick dressing (i.e. Release or Telfa), then a piece of gauze, if there is heavy drainage from the wound. Finally, apply tape to hold this dressing in place/Band Aid. Repeat this 1 time per day. You can stop dressing the wound when the skin has entirely covered the wound and your doctor has instructed you to do so.
3. Bathing or showering is permissible.

Patients with Skin Grafts

Do not remove the bandage. If the bandage begins to come off, reinforce it with extra tape. If the bandage comes off completely, clean the graft with saline solution (1/8 tsp salt to an 8oz glass of water), apply Vaseline and cover with Release or Telfa and apply tape to hold the dressing in place/Band Aid.